

Trauma Sensitivity:

What works for kids?

This is a professional development training created by HRL introduces effects of trauma on students and school-wide strategies that can be implemented (as part of tier 1) that enables participants to discuss ways that trauma affects the body, brain, and behavior; demonstrate the ability to use trauma-sensitive strategies; and participate in self-reflection to identify triggers and coping skills. Our most popular training, it has been delivered to over 800 trainees and has been tailored to connect with the lens of various roles in schools, while ensuring that all learning objectives of the training are met.

At the end of the workshop, participants will be able to:

1. Discuss ways that trauma affects the body, brain, and behavior
2. Demonstrate the ability to use trauma-sensitive strategies
3. Participate in self-reflection to identify triggers and coping skills



Healthy and Ready to Learn

HRL is a pilot initiative launched by the Children’s Health Fund in three New York City schools in 2014. HRL aims to address undiagnosed and untreated health conditions that undermine the capacity of low-income children to learn and function successfully in school and beyond.

Over the last three years, we have developed materials, protocols and best practices implemented by many of our partners across NYC. We have worked to refine a model we believe is replicable and adaptable to other schools looking to integrate work to address health barriers to learning.

Contact us at rtc@chfund.org

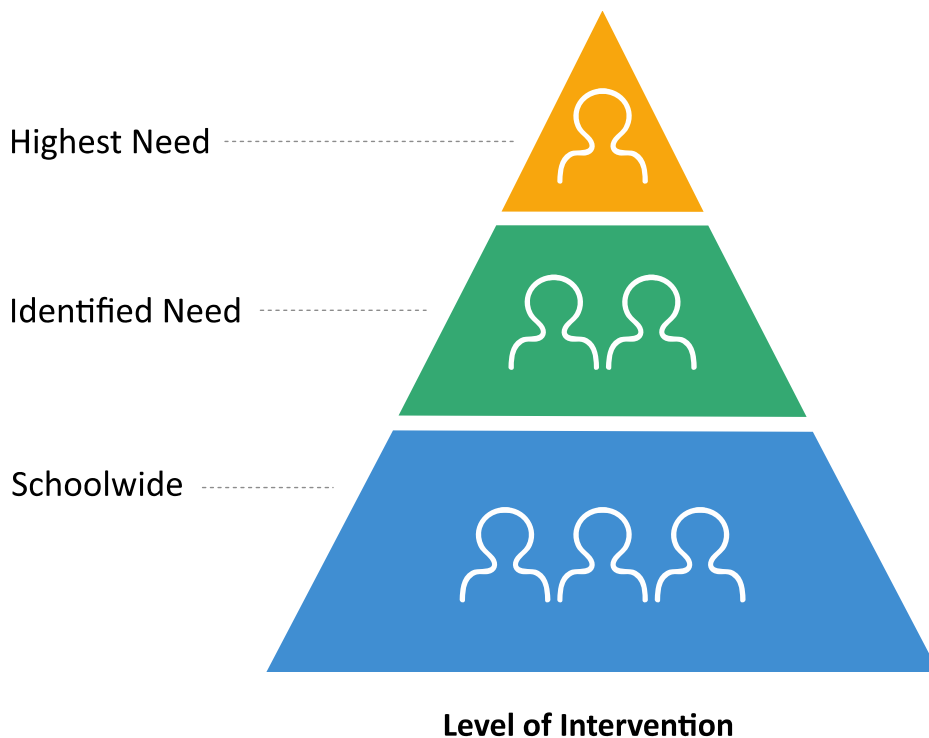
Our Materials

Program Vision: Healthy, happy, productive lives for kids in New York City

Program Mission: To provide high quality health and education related trainings and materials for NYC families and educators

Our materials are designed to be useful and accessible for parents and educators throughout New York City. New York City is home to families of different financial, racial and ethnic backgrounds. Our materials are created with this beautiful diversity in mind. All materials created by Healthy and Ready to Learn have gone through a thorough review process by relevant content experts, including teachers, parents, pediatricians and mental health clinicians.

Three-tiered framework



What are examples that you can think of from your own work?

TIER 3 strategy:

TIER 2 strategy:

TIER 1 strategy:

When I hear the word "trauma" I think about...



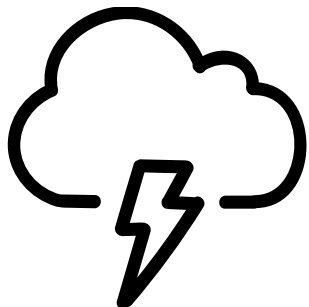
Using your experiences or those of students you know, can you fill in 1-2 examples for each category of stress?

+ Positive Stress

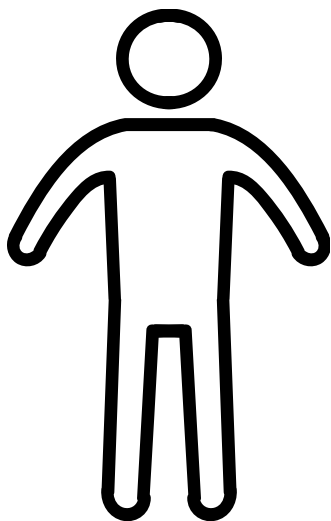
• Tolerable Stress

- Toxic Stress

What are some signs that **OTHERS** might observe that might let them know that I'm stressed?



What are the signs that let **YOU** know you're stressed? How does it feel in your body? (Indicate where in the body you feel it)



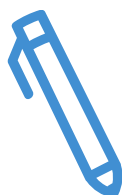
List 3-4 ways that you cope with stress when you feel this way:

1)

2)

3)

4)



Think back to your own work and experiences with students. What are some examples of triggers that you have seen or heard about, and what are some examples of trigger warnings, or trauma-response behaviors that you have observed?

TRIGGERS (Threat-cue):

Reactions don't happen for "no reason."
Something has set off that reaction like:



TRIGGER WARNINGS:

There are often signs that may tell you that
a child has experienced a trigger including: